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**Emerson**

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(54) **COMPOSITIONS AND METHODS TO REGULATE HORMONAL CASCADES IN STRESS DISORDERS**

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(58) **Field of Classification Search**

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See application file for complete search history.

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(57) **ABSTRACT**

The invention is composition and methods that restore balance to the stress-related steroid hormone cascade. Upon co-administration, the compounds of the invention restore balance to the cascade and promote or restore normal function in patients suffering from a disorder having a primary psychological stress component. The compositions include a selected combination of isoflavones, alpha lipoic acid, and L dopamine or a precursor thereof, and are preferably obtained from the natural sources disclosed herein. The uses of the invention include administration of the disclosed compositions to patients suffering from PTSD, fibromyalgia, endometriosis, and other disorders having a common chronic stress component.